

ANXIETY

**The Silent Burden on
Public Health**



Dr. Nawa Raj Subba

Anxiety: The Silent Burden on Public Health

Dr. Nawa Raj Subba



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Preface

Human life is always evolving. Every time we are changing we have mixed feelings of enjoyment, success, challenge and fear. Anxiety is a common feeling. A more moderate anxiety may be an awareness signal and motivator, whereas, when it is particularly serious or persistent, it may be a cause of adverse mental health.

The World Health Organisation (WHO) statistics indicated that anxiety disorders are one of the most common mental health conditions in the world. They affect personal life, family, academic achievements and career. This has led to the fact that understanding of anxiety and how it can be managed has become important both at personal and communal level.

The art of coping with anxiety is to attempt to satisfy this desire. The book offers a clear description of the different types of anxiety disorders, their causes, and the medical and psychological consequences of the same. Its chapters offer an extensive method of lifestyle (sleep, nutrition, and exercise), therapy, medicine and alternative treatments. It gives the reader with not only information, but also practical guidelines.

The book's dual target audience is its standout feature. For the general reader, it provides practical solutions to everyday problems in simple language. It gives researchers and students with topic structure, intellectual clarity, and a solid base of references. In this sense, this book will act as a link between the general life path and academic study.

In the modern world of rapidity and competitiveness, the neglect

Lastly, it would be my pleasure to thank you all having read this book. I am largely driven to work by your curiosity, patience and willingness to better your health. If this book can help you understand your concerns, adjust to them, and move your life towards self-efficacy, then my writing journey will be a success. Table of Contents

Author's Note

My experience of the path to writing the articles on “Anxiety: The Silent Burden on Public Health” was a mixture of personal experience and academic discovery. Living with anxiety also came to my personal life, and I still observe its many faces in the workplace. In writing this book, therefore, I did not only want to offer an educative explanation, but I also wanted to give a more personal message to an anxiety sufferer.

The number of chapters in the book has been structured in an organized manner that researchers and students can rely on to attain information with themes. Nevertheless, there have been attempts to simplify the language such that the ordinary reader can easily comprehend the language as well as implement it in practice. In so doing, the book will be useful to both types of readers.

It would be my desire to remind the reader that the book does not take the place of a personal discussion with a physician or an expert in the area of mental health. Instead, it aims at making you conscious and self-helping and guiding you on the route of seeking professional help where necessary.

I wish that *The Art of Living with Anxiety* is a good piece of information to the reader but also a motivational experience to live a more balanced, conscious, and confident life.

To conclude, I would like to say thank you to all who read this book. The primary reason why I would write is your interest in health, patience, and willingness to improve the quality of life. In case this book might provide you with clarity regarding your anxieties and adjust to them and drive your life in the direction of self-efficacy, then I shall count my writing experience as successful.

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1. Introduction

1.1 What is Anxiety?

Anxiety is the body's normal response to stress. Everyone experiences this at some point in their lives. Anxiety is not simply natural thinking. It is the body's response to a perceived threat or danger. It can sometimes be scarier than reality. It's similar to how we defend our bodies.

In the past, our ancestors used similar steps to defend themselves from wild creatures. No terror like that any longer but our bodies and brains respond in the same way to work deadlines, social needs and money. Anxiety may come in several forms like the unwanted energy caused by an approaching major assignment, the uneasiness experienced when traveling to a new place or the rapid pulse in a new situation. Fear is more than simply anxiety. These are body reactions (e.g. heart beats faster, one starts sweating), thoughts (e.g. overthinking or being scared), and behaviour (e.g. restless or being unable to sit down).

Anxiety is not necessarily dreadful. It is helpful to focus on the plan or be on the track in job in certain situations. But when the worry gets out of hand, it can be very uncomfortable, even destructive.

1.2 Physical Symptoms

The feeling of anxiety is often experienced in the body and thus it becomes a realistic threat. Suppose you are on the edge of a high rock. His hands are wet, his breathing is accelerated and his heart starts beating faster. This signal is transmitted by the amygdala of the brain which is referred to as the fall or run reaction.

But to the anxiety sufferers, these may be reactions even in situations of normalcy.

Common physical symptoms are:

- Rapid heartbeats
- Muscle stiffness and trembling.
- Feeling hot or cold.
- Digestive problems such as Nausea and stomach pain.
- To have a moderate headache and dizziness.

The mind and the body are indistinguishably connected. Consequently, there are outcomes on stress on the body, and stress on the mind on the body.

Under normal conditions a minor concern is normal. Nevertheless, persistent, unreasonable or overwhelming anxiety may be a sign of a deeper issue.

1.3 What is the amygdala?

The amygdala is a small but strong portion of the brain. It is also called Amygdala since it is almond shaped and the name is translated to peanut in Greek.

The first objective is to ensure that there is control of emotions, especially fear and anxiety. The amygdala quickly puts the body into an alert state when you perceive something threatening, as in the case of a loud bang or a dark shadow.

The body's reaction after receiving the signal:

- The heartbeat becomes faster.
- Promotes faster breathing.
- Muscles are stretched and ready.
- Eyes enlarge and focus.

All these are collectively dubbed as fight or flight responses.

The amygdala is, however, not always appropriate. Not necessarily

because there is a threat in reality, a scenario may be considered a threat. This is why worry or panic can arise even in the simplest cases in everyday life.

1.4 The Amygdala and other Parts of the Brain: The Role.

Amygdala is a small yet potent part of the brain. It suppresses fear and anxiety. The amygdala immediately informs the body when a threat arises; this is represented by symptoms like rapid heartbeat, shortness of breath or tightness in the muscles (LeDoux, 2007).

The amygdala does not work in isolation. The prefrontal cortex is important in regulating it. The prefrontal cortex helps in planning, decision making and emotional control. This, in most cases, reduces undue fear or anxiety by breaking the amygdala. Nevertheless, the activation of the amygdala increases and the prefrontal cortex becomes weaker in case of stress (Motzkin et al., 2015).

Besides, the bed nucleus of stria terminalis (BNST) has also been linked to anxiety, specifically in nonspecific or chronic anxiety, like the disturbing fear that something awful will occur later (Gungor and Pare, 2016).

All these are similar to the amygdala, the prefrontal cortex, the hippocampus and the BNST. They do not work in isolation; when these are harmonized, an individual would be able to take care of his or her worries and anxieties. Nevertheless, in case of the violation of balance, anxiety gradually increases (Tovote et al. 2015).

1.5 Psychological and Emotional Impact.

The effect of anxiety is transpiring not only physically, but psychologically and emotionally as well. Whenever the mind is filled with anxiety, an individual is always caught in a thinking trap. E.g., What suppositively could I do something wrong? or "What if it broke?" These are some of the commonly posed questions. Responses to these questions are often ambiguous, but the mind has no way to stop itself.

This way of thinking is tiresome. Because of this, the individual is emotionally weak. Even minor issues can result in frustration, impatience or discontent.

Similarly, two types of common anxiety exist:

(a) Anticipatory Anxiety: A fear of the negative happening in the future. As an instance, getting stressed months before to not fail the exam.

(b) Free-flowing fear:

Being afraid of feeling insecure with no apparent justification. Like an ill-defined feeling that something bad is about to occur.

The long-term effects of such psychological and emotional effects may be low self-esteem, poor judgment, and helplessness.

Having known the psychological effect of worry, we can see that it is not merely a habit of fear but rather a biological process of the brain.

1.6 Types of Anxiety.

Anxiety has numerous variations, and each has a range of symptoms and challenges. The knowledge of this is helpful in therapy and management.

Generalized anxiety disorder, as it can be abbreviated, is a psychological problem that is typically diagnosed as generalized anxiety disorder (GAD). The generalized anxiety disorder, which can be abbreviated as GAD, is a mental issue which is usually diagnosed with generalized anxiety disorder (GAD).

It is marked by chronic and devastating anxiety about numerous aspects of daily life such as health, family, work and future. It is a minimum of 6 months of anxiety that interferes with daily activities (Munir, 2022).

(b) Social Anxiety Disorder.

It is characterised by a fear of receiving unfavourable feedback in

social circumstances such as public appearances, meeting new people, or speaking in groups. This causes difficulty in social contact and relationships (Jefferson, 2001).

(c) Panic disorder.

Some people get abrupt and frequent panic episodes. These include symptoms such as rapid heartbeat, chest pain, shortness of breath or dizziness (Cackovic, 2023).

(d) Specific phobia.

It is excessive and irrational fear of something or a circumstance. As an example, we have a fear of spiders (arachnophobia), a fear of aeroplanes in individuals (aviophobia), a fear of heights (acrophobia) (Samra, 2024).

(e) Obsessive Compulsive Disorder (OCD)

It involves unwanted but regular thoughts. OCD disorders are defined as recurring compulsions in reaction to these ideas. Although these activities appear to relieve anxiety, they actually increase it (Brock, 2024).

(f) Post-traumatic stress disorder (PTSD).

Following a significant traumatic incident (such as a war, accident, or violence), a person regularly recalls the events, has terrible dreams, or want to flee the conditions around the event (Mann, 2024).

1.7 Anxiety and Stress are different.

The notions of anxiety and stress are not interchangeable as many people make them to seem.

Stress:

Stress is a condition that is inflicted when an individual is challenged or pressurized by a particular situation.

It is often brought by something which is beyond one's control.

Stress is only transient and goes away once the problem is solved or the situation has stabilised.

Example: A stressful burden as a project deadline near.

Anxiety:

Anxiety is primarily internal and emotional.

It includes not just current issues, but also anxiety or fantasies about what the future may contain.

Anxiety may be long-lasting and do exist even in the absence of a particular threat.

As an illustration, when one is about to have an exam, ask yourself all the time, What would happen in case I fail? I am stuck on that thought.

In conclusion, stress is a response to certain states, and anxiety is an emotional instability or unexpectedness of the reaction, which could be prolonged (Lazarus and Folkman, 1984; American Psychological Association, 2023).

1.8 Causes of Concern

Anxiety does not appear suddenly or spontaneously. Often, the causes behind this stem from a mix of several circumstances.

Genetics

Anxiety disorders in the family increase the chances of having the same problems in the family. It is also a tendency that is predisposed by heredity (Hettema, Neale, and Kendler 2001).

Stressful life events can cause anxiety, such as early life trauma, abuse and ongoing stress. These experiences trigger the stress response system in the brain, which makes people more anxious in the long-term (McEwen, 2007).

Brain Chemistry

When the levels of neurotransmitters in the brain are not balanced,

then symptoms of anxiety may appear. The lack or disproportion of neurotransmitters including serotonin, dopamine, and norepinephrine is especially an exaggeration of anxiety.

Personality

Anxiousness is more common in the case of sensitive or fussy people. People in this group worry too much about small things and can't handle doubt (Barlow, 2002).

To sum up, anxiety is caused by a complicated mix of genetic, environmental, and biological factors.

1.9 Anxiety management

Anxiety is a normal part of life but it can be dealt with. These drugs loosen the muscles and body.

a) Relaxation Methods

Breathing techniques, meditation and deep breathing relax the brain. Exercising also keeps the heartbeat in check and reduces anxiety (Jerath, Edry, Barnes, and Jerath, 2006).

b) Exercise

We must keep in mind to take regular exercise like walking or running, yoga or weight lifting boosts endorphins and serotonin levels that boost mood. Exercise lowers anxiety over the long-term (Stonerock, Hoffman, Smith, and Blumenthal, 2015).

c) Cut caffeine.

Excessive consumption of coffee, tea or energy drinks may increase heart rate and anxiety.

The elimination of caffeine relaxes the body and mind (Smith, 2002).

e) Help from Professionals

Chronic or severe anxiety requires the assistance of a literate psychologist or therapist. CBT modifies the negative thoughts and

behaviour of anxiety (Hofmann, Asnaani, Vonk, Sawyer, and Fang, 2012).

f). Support Network

We need to consider opening up to the family, friends or a support group to relieve the burden. Because, the social support eases anxiety and encourages self-confidence (Cohen and Wills, 1985).

These approaches should be used daily and decrease anxiety and keep the mind healthy.

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2. Types of anxiety disorders

Anxiety is a feeling that everyone experiences. However, when someone gets anxiety to interfere with daily life, we call the condition an anxiety disorder. There are many types of anxiety disorders. They can have a serious effect on various aspects of life. Here we talk about the major types of anxiety disorders and their characteristics.

Generalized Anxiety Disorder (GAD)

Generalized anxiety disorder (GAD) is a chronic condition with excessive anxiety but we cannot find out any specific cause. We see that some people with this disorder often worry about everyday things like money, health, work, or relationships.

Symptoms:

- Feel Excessive anxiety and fear.
- Complain about insomnia, weariness, and muscle strain.
- Difficulty concentrating.

Treatment:

GAD that involves treatment (e.g., cognitive behavioral therapy), medication, and lifestyle changes (also in the case of people) can be treated (NIMH, 2021). We are aware that Generalized Anxiety Disorder (GAD) is a mental health disorder, which is associated with constant anxiety and overstress. Its mode of treatment does not entirely depend on a single mode of treatment but is founded on a multifaceted approach. National Institute of Mental Health (2021) states that GAD can be treated with the use of a combination of cognitive behavioral therapy (CBT), medication, and lifestyle change.

Experts indicate that CBT is able to assist the patient to recognize and address negative or unreasonable thought processes. Different research studies have revealed that CBT is an effective and long-term psychotherapeutic tool in GAD therapy. Cognitive Behavioral Therapy (CBT) is regarded as quite effective in the generalized anxiety disorder (GAD). In this, the therapist teaches the individual to learn

to identify his negative thoughts (eg, I always fail) and to argue against them in a rational manner. Behavioral exercises are also part of the therapy and they help in reducing anxiety. Consequently, therapy enables the patient to recognize negative or magnified thinking models and transform them with the assistance of realistic practices.

Antidepressants, SSRIs, and SNRIs are usually prescribed by doctors. It reduces anxiety by increasing brain chemicals.

In addition to this, we must alter our lifestyle changes, including adequate sleep, physical activity, nutritious food, meditation or yoga, and limits on alcohol and caffeine consumption, are also significant in making the treatment process more effective. We have been guided by evidence that a combination of all these measures can ultimately result in long term improvement.

Thus, literature on the studies out there is pointing to the fact that GAD treatment is not simple and that psychotherapy, medication and lifestyle alteration are applied to complement each other in order to increase the chances of long-term benefits.

Social Anxiety Disorder

Social anxiety disorder is the fear of social circumstances. It makes people have a phobia of talking in front of others, interacting with others, or talking with people.

Symptoms:

Anxiety to be condemned by other individuals.

Having difficulty in large groups.

Shame, fear or insecurity.

Treatment:

Exposure therapy, as well as behavior therapy, is believed to be highly effective in treating social anxiety (Mayo Clinic, 2020).

Panic Disorder

Individuals who have panic disorder develop panic attacks quite

often. Panic attack is an abrupt period of great fright, which is characterized by the shortness of breath, chest aches, or dizziness.

Symptoms:

Pain in the chest or feeling of breathlessness.

Shortness of breath.

Feeling cold or hot.

Treatment:

The symptoms of this disorder are usually treated with medications and cognitive behavioral therapy (CBT).

Specific Phobias

In certain phobias, people are afraid of some object or circumstance, e.g. heights, snakes or flying.

Symptoms:

A phobia of a certain object.

Intense stress or fear.

Avoid such things as much as possible.

Treatment:

Specific phobias can be treated using exposure therapy. It is the skill of overcoming fear (APA, 2019).

Post-Traumatic Stress Disorder (PTSD).

PTSD normally manifests following a drastic experience in life like an accident, calamity, or a violent incidence.

Symptoms:

Flashbacks or nightmares from a traumatic encounter.

Fear or insomnia.

Problems with other people.

Treatment:

It is believed that a mixture of therapy and medication is helpful in

the treatment of PTSD.

Obsessive-Compulsive Disorder (OCD)

The Obsessive-Compulsive Disorder (OCD) is a compulsive condition characterized by obsessions, compulsive actions, worries, and anxiety.

Individuals who have OCD undergo repetitive undesired thoughts (anxieties) and actions (compulsions).

Symptoms:

Monotonous behavior like washing hands or checking hands.

Finding yourself focusing on an idea which is unnecessary.

Treatment:

OCD is treated by a combination of medicine and therapy.

Separation Anxiety Disorder

This disorder is prevalent among children but it can also be found in adults. It is characterized by anxiety of being deprived of people they love.

Symptoms:

Being stressed when away from a loved one.

Trouble sleeping.

Treatment:

It is subjected to treatment and support in trying to relieve it.

Conclusion

Though there exist various forms of anxiety disorders, they strongly impact on the mental health of people. Anxiety disorders can be treated by identifying them and treating the disorder. In case of anxiety problems affecting you or a loved one, seek help of a qualified health care provider or mental health provider.

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3. Roots of Anxiety A Multidimensional Analysis.

Summary

Not current events, but a complex correlation of biological, psychological, socioeconomic, and cultural factors causes anxiety, which is a common mental illness. This article is aimed at offering an insight into the different causes of anxiety. A biological explanation examines genetic susceptibility, neurotransmitter disorders and the role of specific brain areas. Psychological theories focus on cognitive distortions and the cognition process, as well as on personality. The socioeconomic institutions, everyday demands and the cultural milieu are also influential factors in the development and pathophysiology of anxiety. This complex interaction is important in the prevention, diagnosis, and treatment of anxiety conditions.

Introduction

Worry is defined as the typical human feeling of brief fear, worry, and restlessness in expectation of an upcoming undesired occurrence (American Psychiatric Association [APA], 2013). However, when this experience is continuous, intense, and interferes with daily life, it develops into an anxiety disorder. Anxiety cannot be described with a simple reason. It is a result of a complicated combination of biological, psychological, and socio-cultural factors which can be described by a biopsychosocial model (Engel, 1977). The present paper presents a complex exploration of the fundamental causes of anxiety.

Biological Causes

Anxiety development is strongly influenced by the body's internal structure and function. Heredity, neurobiology, and neurochemistry

are all biological factors.

Genetic predisposition

According to research, anxiety problems may have a hereditary propensity. **Twins and Double Findings** According to studies, a person who has an anxiety disorder in family, particularly close relatives (such as twin sisters), is much more likely than the general population to have it. However, there is no single "anxiety gene," but rather a mix of multiple genes (polygenic) that cause this tendency via influencing the brain's stress response system.

Structure and Function of the Brain.

Anxiety is strongly associated with specific parts of the brain. The amygdala, generally known as the brain's "fear centre," provides activities such as danger detection, fear experience, and stress response initiation. In anxious patients, the amygdala may appear to be overactive (Etkin et al. 2015). Furthermore, the prefrontal cortex regulates amygdala activation. In the case of anxiety, there may be an imbalance in the interaction between the prefrontal cortex and the amygdala, resulting in increased dread and anxiety.

Neurotransmitter system

An imbalance of messenger chemicals (neurotransmitters) between neurones in the brain contributes to anxiety. GABA (Gamma-Aminobutyric Acid) is a significant inhibitory neurotransmitter that helps the brain relax. Low GABA levels or impaired functioning can cause brain overactivation and restlessness (Nuss 2015). Furthermore, an imbalance in neurotransmitters like serotonin and norepinephrine can cause anxiety symptoms by influencing mood and stress reactions.

Psychological causes

Anxiety development is influenced by a person's mental processes, personality, and life experiences.

Cognitive factors

According to Cognitive Theory, people with anxiety exhibit specific forms of aberrations in their thinking processes. They also see new or routine situations as extremely negative and scary. This includes the following.

Catastrophising means viewing any tiny failure or problem as a massive disaster.

Overgeneralisation: Assuming that a negative experience would result in the same consequence.

Selective Attention to Threat: Seeing only potential risks or disadvantages in the surroundings and neglecting the benefits (Beck & Clark, 1997).

These cognitive errors lock the individual in a cycle of continual anxiety and terror.

Classical Covenants and Learning Processes.

Anxiety, according to behavioural theory, is a learnt response. For example, if a stimulus causes a traumatic experience (such as terror or damage), the stimulus may elicit similar fear or anxiety in the future. This is known as classical conditioning. The learnt worry can then be transferred to another similar stimuli (generalisation). Furthermore, if a person ignores or runs away from worry (for example, by leaving the place), it gives rapid comfort. This promotes the escape behaviour and prolongs the distress. This approach is known as Operant Conditioning.

Personality qualities

Certain personality qualities make someone more prone to anxiety. As a result, those with neuroticism are more prone to experience unpleasant emotions including worry, dread, and sadness (Barlow et al., 2014). Furthermore, those who lack self-confidence, are fearful of what others may say (fear of social assessment), and are uncomfortable with situations beyond their control may develop anxiety disorders.

Social, Cultural, and Environmental Factors

The environment, society, and culture in which a person lives determine the shape and expression of anxiety.

Early Life Experiences

Adverse Childhood Experiences (ACEs) are harmful childhood events, such as physical or psychological abuse, parental neglect, parental death, domestic violence, and so on, that can negatively impact brain development in the long term. These experiences have long-term effects on the stress system of the child that may translate to anxiety issues in adulthood (McLaughlin et al., 2010). An environment which is safe, loving and supportive is a protective barrier against anxiety.

Socioeconomic Stress

Of concern are poverty, unemployment, and excessive work pressure coupled with economic uncertainty. These factors and the stress they add to everyday life greatly reduce the brain capacity of an individual. Social support is missing, life feels more isolated, and there's a sense of collective lethargy that makes the situation even heavier.

Cultural Influence

The culture defines the way individuals express their concern. In certain societies, anxiety-related physical symptoms (such as heart palpitations, breathlessness) are valued, whereas in others, the emotional ones (fear, restlessness) may be valued. Moreover, the expectations, social roles, and beliefs of society such as collectivism or individualism affect the level of stress and anxiety that an individual experiences.

Conclusion

A complex of biological, psychological and sociocultural factors causes anxiety not one factor. A genetic predisposition and neurobiology of the brain causes anxiety, whereas cognitive distortion

and the learning processes maintain it. Its centrality is a product of social structure, economic conditions and cultural influences. The result of the lack of balance among the body, mind, and environment is anxiety. Without understanding the multidimensional nature of anxiety, it is impossible to treat it. To ensure that in the future, we become successful in preventing and treating anxiety, we should take a holistic approach and address all the parts of it - biological, psychological, and social.

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4. Physical and psychological implications of anxiety

We experience anxiety in our lives. Anxiety leads to a range of disorders. Anxiety is a natural response of our body that alarms both our minds and bodies. However, it affects adversely our mental and physical health when it becomes excessive at times. These conditions are referred to as anxiety disorders. Anxiety is classified into several kinds, each of which encompasses a variety of experiences and symptoms. We've covered the most common types of anxiety disorders.

Generalised Anxiety Disorder (GAD).

It is a far more intense and stable worry than the anxiety that is common in everyday living. People with this illness are frequently unduly anxious about financial situations, health, family, and even little issues.

Symptoms include insomnia (inability to sleep well).

- Constant weariness and discontent, with difficulty concentrating.
- Muscle pain or headache.

Social Anxiety Disorder.

When people feel fear or discomfort in social situation that condition is known as Social Anxiety Disorder. People get scared of being observed or judged with this mental condition.

Its symptoms are fear of public speaking and excessive sweating.

Such people do not make eye contact with people. Symptom:

- Hands and feet tremble or feel sleepy.
- Extreme terror, as if death is impending.
- Feeling out of control.

Panic disorder.

Panic disorder is observed by sudden and frequent experiences of dread, and it is known as panic attacks. Individuals with panic disorder are struggling with their day to day living.

The symptoms are chest pain or dyspnea.

- Hands and feet tremble or feel sleepy.
- Extreme terror, as if death is impending.
- Feeling out of control.

Phobias

Phobias are severe fears related to a certain object, place, or activity. This dread is often exaggerated.

Examples include:

- Aerophobia (fear of heights).
- Claustrophobia is the fear of tight spaces.
- Arachnophobia is the fear of insects.
- Hydrophobia is fear of water.

Post-traumatic stress disorder

PTSD is a mental health issue that results from a severe traumatic event. It can appear in military personnel, accident victims, or those affected by other serious incidents.

Symptoms include:

- Flashes of trauma.
- Insomnia or nightmares.
- Difficulty communicating with people.
- Excessive irritability and fury.

Obsessive Compulsive Disorder.

OCD is defined as a pattern of recurrent thoughts (observations) and the activities attempted to control them.

Symptoms:

- Wash hands frequently.
- The responsibility to keep everything in order.
- Fear for personal or family safety.
- Attention to weight, hygiene, and numbers.

Separation Anxiety Disorder.

Separation Anxiety Disorder is also a widespread disorder in children who feel fear to be separated with their parents or close relatives. Nonetheless, this disease may be in adults as well.

Symptoms:

- Extreme fear while parents are absent.
- Desire constant companionship.
- Physical symptoms consist of pain in the abdomen and headache.

Anxiety disorder control strategies.

There is a way to treat anxiety disorders, and with the help and support.

Anxiety problems can be treated using Cognitive Behaviour Therapy (CBT).

Medicine: Take antidepressants or antioxidants according to a prescription of your doctor.

Not only meditation and yoga assist in reducing the stress, but also stabilizing the mind.

Social support: With understandable communication with peers and relatives, the level of confidence is enhanced.

Anxiety disorders are not trivial illnesses that are incurable. The first step to a solution is to get the information and assistance. In case you or a loved one are experiencing such a problem, it is important to

immediately seek the services of a healthcare worker or a counsellor.

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5. Sleep, nutrition, and physical activity

Summary

Psychiatry and medicine play important roles in treating anxiety disorders. But the three most important parts of a healthy lifestyle—sleep, nutrition, and exercise—are very important for controlling anxiety symptoms, making therapy more effective, and lengthening recovery time. The goal of this article is to look at how these three parts affect anxiety. When you don't get enough sleep, your amygdala becomes too active, which makes you anxious. On the other hand, getting enough sleep helps you control your emotions. The gut-brain axis connects nutrition to brain chemistry, micronutrients, and anxiety. Exercise naturally reduces anxiety by increasing neurogenesis, lowering stress hormones, and releasing endorphins. Adding these lifestyle changes to traditional medications can greatly improve how well anxiety is managed overall.

Introduction

Anxiety is the most prevalent mental health disorder globally, impacting millions of individuals (World Health Organisation, 2021). In the past, drugs like cognitive-behavioral therapy and serotonin uptake inhibitors (SSRIs) have been the main ways to treat people. However, studies are increasingly highlighting the importance of lifestyle decisions. By directly affecting the brain structure, brain function, and brain chemistry, sleep, nutrition, and exercise can destroy the biological basis of anxiety (Sarris et al., 2014). In this essay, I will give a close discussion of how these three elements can help prevent and manage anxiety.

The Two-way Binomial Relationship between Sleep and Anxiety.

Sleep and anxiety are in a complex mutual relationship. Anxiety disrupts sleeping and lack of sufficient sleep supports anxiety, which leads to a vicious circle.

The way not sleeping enough causes you to be more anxious.

In order to be emotionally stable, it is very important to have enough sleep. Sleep deprivation particularly the one that disrupts rapid eye movement (REM) sleep directly impacts the emotional centres of the brain. Research shows that sleep deprivation boosts the activity of the amygdala by 60 percent, which boosts anxiety and emotional reactions (Yoo et al., 2007). Additionally, sleep diminishes the connectivity between the prefrontal cortex, responsible for reasoning and control, and the amygdala, hindering the regulation of negative emotions. Consequently, sleep disturbances, especially insomnia, constitute a substantial risk factor for anxiety disorders (Riemann et al., 2010).

How Anxiety Affects Sleep

Individuals who experience anxiety lack sleep because of their cognitive activities and physiological stimulations. Their brain remains in an ON state and they find it hard to sleep or wake up at night. This exacerbates sleep, thus exacerbates worrying the following day. Such sleep hygiene practices as bedtime every night, sleeping in the dark, and dark and quiet environments and avoidance of using electronic devices at night have been found to be extremely useful in interrupting this rut.

Food: Food is Brain and Stress Fuel.

Food not only makes the stomach full, it also influences our moods and even thoughts. Brain chemicals, micro-nutrients and microbes are some of the ways that diet influences anxiety.

Micronutrients and chemistry of the brain.

The serotonin (neurotransmitter that maintains mood) is produced by about 95 percent of the stomach. Herein the importance of the so-called gut-brain axis should be highlighted (Foster & Neufeld, 2013). Tryptophan is a protein-rich food amino acid such as panyu, yoghurt, and kiwau which is a major component in the production of serotonin. Moreover, micronutrients like omega-3 fatty acids (found in fish and flaxseeds), magnesium (found in green vegetables and almonds), and zinc (found in lentils and legumes) are vital for cognitive function and stress regulation. These dietary deficiencies can exacerbate anxiety symptoms (Lakhan & Vieira, 2010).

Diet that causes inflammation and changes in blood sugar

Eating processed foods, refined carbs, and unhealthy fats all cause inflammation in the body, which can make you anxious and depressed (Kiecolt-Glaser et al., 2015). Eating sugary foods can also make your blood sugar levels go up and then back down quickly. These changes might result in mood swings, irritation, and restlessness. In contrast, a diet high in fibre, whole grains, fresh fruits and vegetables, and lean proteins can help control energy and mood by stabilising blood sugar.

Exercise is a natural anti-anxiety treatment.

Exercise is frequently referred to as a "natural antidepressant," but its anti-anxiety properties are equally potent.

Neurobiologic Effects

Regular aerobic activity (e.g., walking, jogging, swimming) induces numerous positive changes in the brain. It boosts the levels of brain-derived neurotrophic factor (BDNF), a protein that aids in the growth, preservation, and connection (synapse) of neurones. BDNF enhances the form and function of the hippocampus, a key area for anxiety and memory (Kandola et al., 2019). People with anxiety may have a reduced hippocampus, but exercise may rebuild it.

Stress response and neurotransmitters

Exercise also improves the body's stress response mechanism. It decreases the levels of stress chemicals like cortisol. Physical activity promotes the release of "feel-good" chemicals such as endorphins and endocannabinoids, which naturally alleviate pain and generate pleasure, so counteracting anxiety and stress (Heyman et al., 2012). Exercise is an effective non-pharmacological treatment for anxiety due to its physiological benefits.

The Cognitive and Behavioural Benefits.

When you have anxiety, exercise is also good with your brain and behaviour. This will keep you in the present by reducing distractions, which is an effective method to stop the future thinking that leaves you anxious. Exercise is also rewarding in terms of anxiety management, since it gives you a feeling that you can do it.

Conclusion The need to take a holistic approach.

Sleep, nutrition, and exercise have a direct and a biological impact on how you are going to cope with anxiety. Sleep allows you to manage your emotions, a nutritious diet provides your brain with crucial nutrients and stability, and exercise allows your brain to repair and be more resilient to stress. All these aspects of your life are interconnected: exercising will make you sleep better, healthy food will make you get more energy and make you feel better. These essential lifestyle changes should be incorporated in the treatment plan by both the healthcare practitioners and the patients to improve the effectiveness of the traditional therapy of anxiety. The next line of research ought to be establishing customized regimen of these therapies to individual anxiety disorders.

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6. A healthy lifestyle promotes self-esteem

Summary

Traditional approaches to anxiety management relied mainly on therapeutic therapies. However, in today's world, the self-efficacy that healthy living choices may instill in a person is acknowledged as a significant aspect of anxiety treatment. The goal of this article is to look at how lifestyle elements including sleep, nutrition, exercise, social contacts, and mindfulness help people feel good about themselves in the face of worry. Small lifestyle adjustments provide a person the psychological empowerment to actively manage their mental health. This results in a sense of 'control' rather than 'helplessness' (which is the underlying cause of worry). This self-efficacy is critical to the long-term success of anxiety treatment.

Introduction

Anxiety is frequently coupled with a sense of terror and helplessness over an out-of-control event (Barlow et al., 2014). Conventional treatments (such as therapy and medicine) rely on external aid, which is extremely successful. However, healthy living choices give a person the opportunity to favourably influence their own mental state. According to Social Cognitive Theory, self-efficacy is the belief that one can effectively complete a task (Bandura, 1997). Small lifestyle changes can assist to spread this belief throughout the mental health profession, providing hope that anxiety can be treated. This article goes over this method in detail.

1. The Psychological foundation of self-efficacy

A sense of self-efficacy is the belief that one can attain their goals. Anxiety weakens this belief. However, lifestyle adjustments allow for

'Mastery Experiences', the most powerful source of self-confidence growth (Bandura, 1997). When a person achieves a goal, such as walking 20 minutes per day or refraining from processed foods for a week, he demonstrates that he has control over his behaviour. This discovery may be more important than biological changes in the brain since it gives people a psychological reason to believe that they can regulate their worry.

2. Exercise: From Physical to Mental Ability.

Exercise serves a dual purpose in increasing self-efficacy. First, it provides you with the experience of overcoming physical challenges to achieve achievement. If you can run one km, you will be confident enough to run the next. This idea leads to the belief that even a wave of anxiety can be overcome on its own. Second, exercise gives scientific support for this view by causing beneficial changes in the brain. One study found that persons who exercised consistently had reduced anxiety symptoms and more self-confidence in their ability to tackle life's problems (Craft & Perna, 2004).

3. Nutrition: Regaining Control.

A person experiencing anxiety believes he has lost control of his thoughts and emotions. But there is one sphere where he is fully in command, and it is the choice of food. Judgments about the quality, quantity and timing of what you eat are a good form of self control. It helps in changing the locus of control which is usually external (relies on forces external to the person) to internal (self-control). Research has shown that individuals who adhere to a healthy diet including the Mediterranean Diet feel more in control of their physical health, mental health and quality of life (Psaltopoulou et al., 2013).

4. Sleep Hygiene: A Chance to Win the Day.

Small steps (so-called sleep hygiene), like sleep timing and the sleep environment, can result in daily success. This is a relatively small but important achievement, the realisation that you had a good night of sleep today. These small victories piled together makes an

individual feel that he can also enhance his physical and mental well-being. This is supported by good sleep, which reduces the symptoms of anxiety. It was found that enhancing the quality of sleep may aid in anxiety reduction because it leads to better emotional regulation (Kalmbach et al., 2018).

5. Social Relations: A sense of Community strength.

Fear isolates human beings. In contrast, social support fosters feelings of self-worth. When a person receives support and encouragement from others on their path to change their lifestyle, they feel as if they are not just themselves, but also a part of a community. Activities like going for a group walk or cooking nutritious cuisine with friends can enhance self-efficacy by encouraging social interactions. According to Bandura (1997), 'physiological states' are a source of self-efficacy. When a person is agitated or anxious, he feels weak; yet, a healthy lifestyle makes him feel physically fit and tranquil, believing that he can face the obstacles.

6. Mindfulness and relaxation: Internal Adaptability

Mindfulness and meditation educate people that while anxiety is unavoidable, it can be managed. It improves the ability to observe concepts by separating them precisely. This ability is the highest degree of personal power. It helps the individual to say, I am the one who feels the anxiety and not the one who feels the anxiety. Such a de-centering of the mind renders anxious thoughts less terrifying and enables the person to act towards these thoughts. Mindfulness-based therapies have been found to decrease anxiety, depression and to enhance self-efficacy and self-compassion (Hofmann et al., 2010).

Conclusion: The Long-Term Effects of Self-Strength.

The medical benefits of a healthy lifestyle in the treatment of anxiety are not only helpful, it also has psychological benefits that enable an individual to exercise control over his or her mental health. The lifestyles pillars that assist individuals to form self-efficacy are sleep, nutrition, exercise, social relationships, mindfulness, which

enables individuals to succeed, enhance their mental and physical well-being, as well as receive social support. It is the self-efficacy that helps a person to overcome their anxiety in the course of time. It maintains the effects of treatment and builds mental resilience for future challenges. Finally, anxiety treatment is more than just suppressing symptoms; it is about instilling in the individual the belief that, "I have anxiety, but I am stronger than anxiety." The spirit of self-power is the most potent remedy.

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7. What Therapy Does

The method of therapy is an excellent way to solve issues and enhance your psychological health and self-development. However, it may be difficult where to begin when there are so many types of therapy. We should get to know about some of the most common forms of treatment, their working principle, and about individuals who can use them.

Different Kinds of Therapy

1. Cognitive-Behavioral Therapy (CBT).

CBT is a popular and well-studied treatment. It is also interested in diagnosing and changing the negative attitudes and behaviours that are contributing to the emotional distress. CBT assists individuals to acquire healthy coping strategies to stress through systematic means such as maintaining a thought journal and behavioural activation (Beck, 2011).

In individuals with anxiety, sadness, fear, and stress issues.

How it works: CBT is a form of therapy wherein you identify certain objectives and collaborate with a therapist to alter how you think in a creative manner.

2. Psychodynamic therapy.

Psychoanalytic therapy examines deep unconscious forces and the influence of the past on the current behaviour. It is very specific on exploring feelings, unsolved problems, and relationships.

Who it is aimed at: Individuals who wish to know more about themselves or individuals whose trauma, interpersonal issues or emotional stress remained unresolved over time.

The process: In this form of therapy, independent thinking, dream analysis and inspection of relationship patterns are used.

3. Therapy that is humanistic

The humanistic therapy is aimed at making individuals develop and self-understand. It is founded on the assumption that people are able to self-treat and grow in personalities.

Who it is addressed to: Those people that want to become a better person, stay to know themselves better, or learn their emotions.

Whom it is addressed to: It is so because therapists apply approaches such as active listening and unconditional positive attitude to be non-judging and understanding (Rogers, 1961).

4. Dialectical Behavioural Therapy (DBT).

DBT was originally developed to help individuals with borderline personality disorder, but it has been applied to assist individuals with other emotional problems and self-destructive behaviour. It puts into practice cognitive-behavioral and mindfulness.

It can be used by people who struggle with intense emotions, self-harm and difficulties in their relationships.

Mechanism of action: DBT educates individuals to be more mindful, cope with crisis more effectively, improve their emotional regulation, and improve their relationship skills (Linehan, 1993).

5. Therapy for Families

Family therapy assists the families in communicating with one another and in solving their issues. It attempts to view issues in a connected manner and emphasizes the influence of family processes on the behavior of individuals.

Who it is addressed to: Families that are struggling with communicating, fighting or coping with changes such as divorce or illness.

How it functions: Therapists may at times deal with several

individuals in the family simultaneously to identify patterns and assist them converse to each other in a more effective way.

6. Therapy in a group

Group therapy involves a therapist or therapists in dealing with individuals with similar issues in small groups. This location provides you with encouragement, comments, and a sense of community.

Among individuals with social anxiety, addiction, grief, or issues in the life of their partner.

The mechanism: Group members share their experience, learn with one another, and train their social skills within a safe place.

7. Expressive Therapies, Art.

Art therapy and music therapy are some examples of expressive therapies that apply creative means to assist individuals to manage their emotions and improve. The treatments can assist individuals in overcoming complex emotions, which they find difficult to describe.

To whom it is addressed: To people who feel free to express themselves without saying anything or to people who wish to find new ways of healing.

How it works: A professional therapist leads individuals to creative tasks that assist them to communicate and cope with their emotions.

How to pick the right therapy

The kind of therapy you need and want is what determines the best kind of therapy. Here are some ideas:

1. Figure out what you want to do: Reflect on what you want to get out of therapy such as getting to know how to handle anxiety, how to improve your relationships or to become more mindful of yourself.
2. Check with a therapist: Check out practitioners who are qualified and experienced in your field.
3. Experiment: It is normal to experiment with many different

types of therapy before you discover which kind best suits you.

4. Believe in the process: It is a long process to know someone in a therapy. As you strive to achieve your objectives then be open and patient.

Final Thoughts

Therapy is useful in addressing a diverse variety of needs and problems. Other individuals are at ease with formal problem-solving CBT, and others are easefully with art therapy where they are given liberty to be creative. It does not have a one-size-fits-all way. You can select the support you like best and it will serve you in your mental health journey in case you are aware of what your options are.

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8. How to choose a therapist?

Basic Steps to Finding the Right Therapist.

To decide on therapy is a happy and challenging task. The process of finding a therapist is an individual one. This will be a guide to help you navigate and make a decision.

Why is the selection of the therapist important?

The therapeutic alliance between the client and therapist needs to be good. Good mail brings about trust, transparency, and collaboration, which are necessary to achieve progress (Norcross and Wampold, 2011). Contrastingly, poorly matched pairs could prevent development and accomplishment of objectives.

How to Choose a Therapist

1. Determine needs and goals.

Before you begin your search, use yourself as a guiding principle to your therapy objectives. Ask yourself: Find the problem or problem-point Select a goal-focused strategy of exploration in the short or long term.

Am I more comfortable to use face-to-face or online therapy?

Goal setting may assist you in finding a therapist and a treatment style.

2. Study various remedies.

There are several types of therapy, and understanding the essentials helps you choose one:

CBT: Targets altering unfavourable thought habits.

Psychoanalytic Therapy: Studies subconscious processes and past experiences.

Humanistic Therapy: Supports self awareness and development.

DBT: This is a combination of CBT and mindfulness aimed at controlling extreme emotions.

By reading about these and other therapies you can discover the right therapy.

3. Evaluate experience and abilities.

Seek the advice of a licensed, certified therapist. Search to find these certificates:

Licensed Professional Counsellor (LPC) Licensed Clinical Social Worker (LCSW) Psychologist (PhD or PsyD) Psychologist (MD or DO to prescribe medication)

The choice might also be affected by experience in dealing with a population or a topic.

4. Get suggestions and use online directory.

Request referral: Friends, family and doctors can be consulted as trusted therapists.

We can learn Online directories, including Psychology Today, TherapyDen and GoodTherapy. It allows therapists to take time to reduce their search based on geography, specialization, and style.

5. Verify availability and feasibility

Consider practicalities:

Location: Is the office nearby or conveniently accessible?

Schedule: Does their availability align with yours?

Do they accept insurance and what is the cost each session?

Are some therapists offering discounted fees for financial need?

6. Book a first meeting.

Therapists do tend to provide face-to-face, telephone or internet counselling. It is an excellent opportunity to interrogate and evaluate comfort. What is your experience with clients facing similar issues?

What approach do you employ and why?

What is your progress measurement method?

7. Trust your instincts

Assess your mood at the consultation. Feel heard and understood? Is the conversation by the therapist appropriate to you? When you are not comfortable, go with something different.

Risks to Consider

Most therapists are ethical and professional, but they must be sensitive of the possible dangers, including giving safe environment in which the client can express himself or herself without being judged.

No distinct limits: It is unprofessional to share excess information about yourself or to behave in a too personal manner.

Absence of cooperation: Therapy is supposed to be a collaboration.

Use Therapy Effectively

Once you have the right therapist, the best thing to do is to maximize your time:

1. Formulate specific objectives: Talk about goals and discuss them often.
2. Get personal: Share your opinions and emotions, regardless of how hard it may be.
3. Invest in the process: Be patient and persistence as change is not quick.

Conclusion

It is important to find the right therapist to mental health. It is

possible to find the right spouse after analyzing your needs, exploring options and following your gut. It is important to keep in mind that it is usual to find the right therapist by trying various therapists. It demonstrates your firmness and care of yourself to do this.

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9. Supportive relationship tips

Developing Supportive Relationships.

Good relationships are relevant in emotional wellbeing and personal growth. Be it friendship, love affair, or kinship, a significant relationship must include trust, communication and respect. And let us know how to build up and keep partnerships that are mutually beneficial.

What is the importance of cooperation?

Positive connections enable human beings to open up, seek counsel and experience achievements. Research indicates that a good social network alleviates stress, enhances mental health and increases lifespan (Umberson and Montez, 2010). These relations enhance immunity, and people are confident and optimistic about life challenges.

Critical Elements of Collaboration

1. Communication without lies.

Good communication is one of the keys to strong relationships. The communication includes:

- Active listening: We need to listen others, ask questions for clarification. Because we should demonstrate an interest in what the other person is saying.
- Clearly and politely expressing emotions without fear.
- Provide constructive feedback to support growth rather

than condemnation.

2. Mutual regard

Respect each other's limits, views, and personality. These include:

- Appreciate differences and avoid attempting to alter others.
- Acknowledge their preferences.
- Support their choices even if you disagree.

3. Trustworthiness.

Consistent behaviour and honesty build trust. To build trust, be reliable and follow your promises.

- Admit and take responsibility for your mistakes.
- Promote transparency, especially in challenging situations.

4. Emotional help

Present when needed builds relationships.

Examples:

Offering a non-judgmental listening ear.

We recognise their feelings and support them to achieve their goals.

5. Shared duties

Romantic or platonic partnerships promote balance, justice, and responsibility. Work together on activities or socialise. Take turns supporting each other through life's challenges.

Relationship Strength Tips

1. Spend quality time

Create time to connect through similar interests, meaningful talks, or just being together. Quality time builds understanding and memories.

2. Empathies

Knowing and sharing another's feelings is empathy. Imagine yourself in their place to show empathy.

- Despite disagreements, accept their viewpoint.
- Be kind at challenging times.

3. Constructively resolve issues.

Arguments are normal in relationships. Being cool and not accusing or shouting is the first step to healthy conflict management.

- Stay on topic to avoid previous issues.
- Work and negotiate to get solutions.

4. Celebrate each other's wins.

It helps the relationships by being proud of one another. Celebrate their progress and wins, large and little.

5. Watch your words and deeds.

Support is developed by being kind and thoughtful. Reflect on the way you are speaking and acting, and the way you are influencing the other person and speak and act wisely.

Indications of a Good Cooperation.

Open and respectful communication is a feature of collaborative partnerships. We find:

Feeling secure and comfortable sharing feelings.

This includes mutual encouragement and shared satisfaction, as well as the ability to work together in challenging situations.

Time for Help

Sometimes relationships need outside support to overcome major issues. By providing therapy and counselling, therapists and counsellors can help to mend the faltering relationships when the

arguments continue, the communication has failed, or the unhealthy behaviours have established.

Conclusion

It is difficult to create a helpful relationship, and the payback is invaluable. Dialogue, faith, reverence and compassion fill our lives and the surrounding world. The smallest investment of knowledge and caring can result in a life of close intimacy.

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10. Medication and medical attention are necessary

Medications are required when?

To begin with, it requires knowing how it is connected to mental health.

Handling mental health problems is comparable to taking an incredible journey. Mental health and behavioural health enhancements can be life-changing to a large number of individuals. However, medication may at times be a major part to the total course of treatment. To be able to make informed choices about own health, one may find it useful to have a clear understanding of when and why medication is required.

Medications' Function in Psychological Health Care

Medications for mental health issues are developed to target the underlying biological causes of these conditions. It has the potential to increase general performance, alleviate symptoms, and normalise brain chemistry. Depression, anxiety, bipolar disorder, and schizophrenia are all diseases that can be effectively managed with medication, however it cannot be used as a cure (National Institute of Mental Health [NIMH], 2021).

Indicates the potential need for medicine

Drugs may be necessary in situations where:

1. Medications can help in minimizing the severity of symptoms, and this fact can significantly influence the normal life. Medication can help in cases where relationships, work or even self-care can be broken by mental health issues.

2. It cannot be addressed one-handedly, since some patients

respond moderately to treatment, and the remaining symptoms cannot be addressed fully. Therapy can be made more effective by the use of medication.

3. Biological factors also play a role: drugs may be needed to bring an imbalance of brain chemistry in such diseases as bipolar disorder or schizophrenia back to normal.

4. Medication may be used to help stabilize these strong feelings when the person is experiencing aggressive thoughts, suicidal thoughts or suicidal behaviour, which may make them injure themselves or other people.

5. Recurrent conditions: Patient with mental illnesses which recur may have to take medication long-term to maintain stability.

Typical Medicines

There are many therapeutic classes of medications depending on the particular mental disorder. The most frequent are:

Physicians prescribe Antidepressants to restore neurotransmitters, such as serotonin and norepinephrine. The medicine is useful to reduce the effects of depression and anxiety.

The antipsychotics are necessary in the treatment of depression, bipolar disorder and schizophrenia.

Mood stabilisers are medications that help in the treatment of manic episodes of bipolar disorder patients.

The symptoms and signs of the panic disorder and anxiety are decreased by anxiolytics.

Attention-deficit/ hyperactivity disorder (ADHD) is usually treated with stimulants.

Popular Missconceptions and Myths about health care.

There are many misconceptions when it comes to the use of pharmaceuticals to treat mental illness. To get rid of these misconceptions, the following are some of the facts:

"Medicine changes you." the myth goes.

The thing is that drugs will not change your personality, it may smooth the symptoms and make you more effective.

2. Illusion: *"You have to take medication for the rest of your life."*

A lot of people use medicine on an as-needed basis until their symptoms can be controlled. Sometimes, you have to stick with treatment for a while.

3. As a myth, *"to take medicine is to fail."*

Opting for medication is a proactive move towards better health, not an indication of fragility.

Picking up a prescription

One should visit a medical expert before embarking on a new medication since it is an individual choice. The following are some of the things to consider:

1. Consult with a specialist: The psychiatrist or your primary medical doctor should be consulted about your symptoms and possible ways of treatment.

2. Consider the pros and cons: Research the possible advantages and disadvantages of the medicine.

3. Take alone with treatment: In many diseases, medications cannot be effective without being combined with treatment. In a case of mental health matters a holistic approach considers the mental and physical aspects.

4. Be patient; it is possible that you will have to experiment to find the best dose and medication. The regular check-in sessions with the therapist are important in order to follow improvement and make any necessary changes to the treatment.

What is the importance of acting without shame?

Some of the greatest inhibiting factors towards seeking help with

mental health problems are stigma and blame. In order to make it clear, mental health problems are medical conditions by themselves, similar to high blood pressure or diabetes. Self-prescription is a courageous and responsible behavior, which facilitates health.

In summary

Medication may be a major component of mental health therapy. They are useful when the symptoms are severe or prolonged or in cases where other interventions do not work. A more informed decision can be made by an individual about his or her own care by gaining knowledge about its role, getting the brain clear of myths, and meeting with an expert. Remember the fact that the ability to be humble enough to seek help is a positive quality rather than a negative one. Any attempt to improve the mental health of people is commendable.

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11. Information about Common Anxiety Medications

Mental Health Advice

Your body responds instinctively to anxiety when you are under stress or when you think that you are in danger. It keeps us awake and on the alert in normal conditions. However, in cases of excessive anxiety or excessively long-lasting anxiety, the condition may have a severe impact on sleep, work, school, or relationships (American Psychiatric Association, 2013).

Counselling, meditation, exercise, or slight adjustments in their daily lives suffice to hold their anxiety at bay to a lot of people. Nevertheless, in certain instances, medication might be required as well (National Institute of Mental Health [NIMH], 2022).

You ought to know before you take drugs:

These drugs are only taken when prescribed by your physician and also he monitors you throughout. The same medication may not always work similarly in all people since the body of each person is unique (NIMH, 2022).

When you learn how to correctly use anxiety medication, you will be able to make a prudent choice regarding your mental health, and even actively participate in its treatment.

What are drugs for anxiety?

Anxiety medications are used by people so that they can handle both emotional and physical symptoms. These medications change the brain chemistry and, consequently, individuals become less fearful, more at ease, and feel improved. In fact, these medications are not something to lose sleep over, but they are also an essential constituent of the treatment regimen.

Various types of anxiety medicine.

- 1. Selective serotonin reuptake inhibitors or SSRIs.*

SSRIs: Selective serotonin reuptake inhibitors like fluoxetine and sertraline improve brain serotonin use (Bandelow et al., 2017). The first treatment for anxiety disorders is SSRIs. These medications boost brain serotonin. Serotonin, an amino acid neurotransmitter, maintains mood.

Other ones are sertraline (Zoloft), fluoxetine (Prozac), and escitalopram (Lexapro).

Mechanism of action: It can be applied in the treatment of generalised anxious disorder (GAD), panic and social anxiety disorder symptoms. Remark: It is possible to experience the effects in several weeks, and these side effects such as nausea, insomnia or headaches may also occur (Cipriani et al., 2018).

2. Norepinephrine inhibitor/serotonin.

The SNRIs are norepinephrine reuptake serotonin inhibitors, which assist in norepinephrine and serotonin control (Stein et al., 2017). SNRI has the capability of balancing the mood and reducing the anxiety through increasing serotonin and norepinephrine levels in the brain.

These are some of venlafaxine (Effexor) and duloxetine (Cymbalta).

How it works: It is effective in panic disorder and GAD.

Remember that dry mouth, dizziness and high blood pressure are all potential side effects.

3. Benzodiazepines

Benzodiazepines are a category of drugs that act fast in calming the central nervous system thus reducing anxiety. These drugs are normally used by people only over a short period of time (NICE, 2019).

Alprazolam (Xanax), lorazepam (Ativan) and clonazepam (Klonopin) are some of the common examples.

How it helps: It is effective in the management of panic attacks and extreme events of anxiety.

Important to note: Long-term use may lead to dependence or tolerance to them, thus not suitable to use long-term (Baldwin et al., 2013).

4. Beta-blockers

Initially, beta-blockers were prescribed to care about heart issues but they could also provide assistance in the physical manifestation of anxiety, such as the rapid heartbeat and shakiness.

Atenol and propranol are some examples.

How it works: It works well with performance or situation anxiety.

The medications do not assist in emotional symptoms and do not tend to be utilized in long term anxiety.

5. Buspirone

Buspirone is an antifretaxative medication that is specifically used to treat GAD. It does not cause one to get addicted and it acts by modifying the serotonin receptors. A medication that assists in anxiety is buspirone which is not very addictive as benzodiazepines (Bandelow et al., 2017).

Its benefit: Reduces body anxiety and stress.

Remember that the full effect may not be noticeable till several weeks later and that one of the side effects may be dizziness or fatigue.

Choosing to take medicine.

The decision to use anxiety medication is an individual decision that ought to be taken in consultation with a medical practitioner. A few things to think about:

1. Discuss with a professional: Discuss with a psychiatrist or your primary health care provider the various ways you can treat your symptoms.

2. Weigh the advantages and disadvantages: Get to know the potential advantages and side effects of the drug.

3. Use with therapy: CBT or other forms of therapy are the best used with medication.

4. Monitor progress: Have your provider conduct frequent check-ups on you to determine whether you should raise or lower the medication dosage or switch medications.

Anxiety Medication Facts and Myths.

1. The myth that anxiety drugs are addictive is a myth.

Fact: Not every anxiety drug is an addictive drug. On the one hand, benzodiazepines may cause dependence, whereas on the other hand, SSRIs and SNRIs do not.

2. The myth of drugs altering your personality is a myth.

Truth: Drugs can make you cope with your symptoms, so that you can find it easier to do well in life. It doesn't change who you are.

3. You must dope the rest of your life.

Fact: Many individuals are just short time users of the drug. You are only supposed to take the medicine up to the duration of the symptoms. You do not need to take it forever.

The reasons why a Holistic Approach is important.

One of the methods of dealing with anxiety is taking medication. Combining medication and treatment, mindfulness practices, and modifications of healthy lifestyle is usually very successful. An exercise routine, healthy eating and a sleep routine will make the drug more effective and it will enhance your health.

Conclusion

Medications that assist in anxiety help people who experience severe anxiety symptoms to receive important help. When you understand what types of medications are on the market and their

capabilities, you will be in a position to make intelligent and affirmative decisions regarding your treatment.

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12. Alternative and complementary medicines

Nowadays, a lot of individuals are interested in natural and holistic methods of their health and happiness. Alternative and complementary therapies (CATs) are the ones that can be used to complement or substitute standard therapy. These treatments have been reported as effective in reducing stress, chronic pain, and improving quality of life to many people despite the lack of scientific support regarding others.

Alternative and complementary treatments?

Alternative and complementary therapies are utilised with mainstream medicine. These plans accommodate the entire person which is the physical, mental, and emotional health. Some of the most popular CAT options are acupuncture, yoga, meditations, and herbal treatment.

Popular Alternative and Complementary Treatments.

1) Acupuncture

Acupuncture is an ancient Chinese medicine where there are fine needles that are inserted at specific parts of the body to harmonize energy flow (qi).

Taken to relieve pain, manage stress and treat migraine and arthritis.

It has been shown that acupuncture has the potential to reduce chronic pains, as well as enhance mental health (Vickers et al., 2018).

2. Yoga

Yoga is a combination of motions, breathing techniques and meditation to enable you to be flexible, strong and even to rest.

Taken to relieve stress, enhance physical health and to treat anxiety and depression.

It has also been associated with a reduction in cortisol levels and a

rise in mental clarity because of regular yoga (Cramer et al., 2017).

3. Meditation & Mindfulness

Meditation aims to distract and eliminate distractions to achieve the state of mind clarity and emotional calmness.

Uses: Anxiety and depression, focus and reduction of stress.

There is an indication that awareness-based interventions are capable of controlling stress and enhancing emotion (Goyal et al., 2014).

4. Herbal treatments.

The use of plants and natural chemicals to cure and restore balance in the body is used in herbal therapy.

Such common herbs are St. John's Wort to help the depression, Chamomile to sooth, and Turmeric to inflame.

Caution: There are plants that have been scientifically proven, and some which can cause adverse reactions with drugs or otherwise. It is essential to discuss it with a medical expert.

5. Chiropractic care.

Chiropractic treatment is concerned with the diagnosis and management of mechanical illnesses of the musculoskeletal system especially the spine.

Applied to back pain, neck pain and headache.

Evidence: Preclinical literature indicates that it can be useful to certain types of pain, but the outcome can be different (Paige et al., 2017).

6) Aromatherapy

Using essential oils extracted out of plants, aromatherapy helps to ensure physical and emotional health.

Taken to relieve stress, induce sleep and improve mood.

It has been proposed that lavender and peppermint oil can reduce anxiety and improve the quality of sleep (Lee et al., 2011).

Advantages of Alternative and Complementary Therapies.

1. Holistic Approach: A good number of CAT options concentrate on the mind, the body and the soul creating whole-body wellness.

2. Safe and widespread: The majority of therapies are natural and less invasive and few side effects.

3. Empowerment: These policies help encourage individuals to become more involved in their health.

Tips on CAT research

CAT may be an effective tool, but one should be able to think smart about it.

1. Consult your doctor: If you are thinking of taking up any complementary or alternative medicine, then speak to a health care physician to avoid potential interactions and risks.

2. Find reliable sources: Find trained professionals and experimental treatments.

3. Follow up on your results: Keep track of the effects of a treatment on your body and talk about it to your physician.

Combination of CAM and Traditional medicine.

The efficacy of traditional medical treatment can be enhanced with the help of complementary therapies. To illustrate, mindfulness meditation could be used together with cognitive-behavioral therapy (CBT) to enhance the outcomes of anxiety treatment. Integrative medicine is an emergent field that is integrating both traditional and alternative approaches towards the attainment of the best health.

Conclusion

Alternative and complementary medicine has a great variety to choose to enhance your health in a natural and holistic way. The

integration of these measures with evidence-based medical services helps to approach well-being in a more personalised way. You should always consult with a healthcare professional so that you are safe. Also, make attempts to optimize the benefits of these treatments and dictate what is most appropriate to you.

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13. Managing Anxiety at Work

Dealing with anxious relationships.

The effect of anxiety is far reaching even in relationships. Healthy relationships are difficult to build and maintain when you are too much think, insecure or afraid of the possibility of a rejection. However, relationship anxiety is solvable through personal understanding and proper precautions in place and can be more gratifying.

Effects of Anxiety in a Relationship

Anxiety is often expressed in the form of anxiety, fear or doubt. The resultant impacts of this on a relationship are:

Overthinking: Overthinking or the fear of committing a mistake.

Avoidance behaviour: It is the reluctance to address serious matters in case one is rejected or criticized.

Overreliance: Being in a habit of seeking consolation all the time, which will destroy the balance of a relationship.

Forming misunderstandings: Insecurity enhances the risk of interpreting the behaviour of other individuals in a wrong manner.

The initial step to beating such tendencies and making healthy relationships is identifying them at an early stage.

Managing Relationships With Anxiety Strategies.

1. Practice open discussion.

Perhaps, it can be better to speak about your feelings and problems to a spouse, friend or relative and not get misunderstood.

2. Be open about your apprehensions and seek assistance.

3. Resort to the I statement: I am worried that the plans changed. It is pleasant to tell some details.

4. Ask them to be quiet: Tell them that this is not their problem, but you are working on something.

Refute the negative thoughts.

Anxiety often has an adverse effect in the form of negative thoughts or the worst-case scenario. To challenge these ideas:

1. Question assumptions. Questions to ask yourself are, Is there any evidence to this fear? Or: What do you think the most viable is?

2. Reframe the situation: Reinterpret the situation with neutral or positive interpretations, rather than negative ones. In the case of example, when they say they did not answer immediately, it means that they are busy and will not be so angry at you.

3. Pity thyself. Remember that no one is an exemplar, and it is natural to be making mistakes.

Establish a healthy limit.

Boundaries assist to cushion your emotional health as well as offer interpersonal balance.

1. Know your boundaries: Be clear on what you are not comfortable with and be explicit on your boundaries.

2. Know how to say no: It is an asset to learn how to say no to excessively stressful things.

3. Adhere to the boundaries of other people: A good relationship is founded on understanding with one another.

Establish substitutions.

Anxiety may be dealt with in such a way that it does not affect relationships so negatively. Good systems of replacement:

1. Freer breathing will help you stay alert when you are stressed in a conversation.

2. Journaling: It can assist you to be decisive and decrease emotional upset by recording your ideas and emotions.

3. Be aware: Through living in the present, anxiety does not creep in.

Restrict the need to assure.

Requesting reassurance may take the worry off in the short term but excessive use of reassurance may lead to stress in the relationship.

1. Minimize the number of times you are reassured: Self-comfort behaviors can be used to enhance your confidence.

2. Focus on the evidence: do not experience frequent confirmation, think over earlier positive experiences.

3. Praise small successes: Reward your successes of managing anxiety on your own.

Promote trust and security.

Fear thrives in an uncertain environment. Developing trust in a partnership is necessary.

1. Be consistent: Do not break your promises and obligations.

2. Create stability: Stability can be created through regular check-ins or group activities.

3. Disclose your insecurities: It could be possible to discuss your worries and weaknesses, and it could contribute to strengthening your bond.

Assistance to a person with anxiety.

The tolerance, sensitivity, and understanding are all that is required of supporting a loved one with anxiety.

1. Listen to understand without passing judgment: Sometimes it is only necessary to listen. 2. Their feelings should not be ignored: When they say that something is bothering them, you have to reply, I understand that this is difficult to you. How can I help?" Tell me.

3. Professional assistance is recommended: When their anxiety is highly interrupting their daily lives, they may be forced to seek assistance or counselling.

Seeking professional help.

Anxiety can become rather a significant element in a relationship.

A therapist or a counsellor would assist you to work through these issues, arming you with solutions and skills, one of which, e.g., cognitivebehavioral therapy (CBT), is quite efficient in reducing anxiety and enhancing interpersonal skills (Hofmann et al., 2012).

Conclusion

Having anxiety is not easy to have a relationship but it can be done. Open communication, trying to replace negative beliefs, and having more faith will help you build meaningful and happy relationships. It is important to remember that a relationship is a two-way street and even fear cannot stop a significant connection between the two.

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About the Author



Dr. Nawa Raj Subba is a researcher, writer, and thinker moving across disciplinary and cultural boundaries. With a doctorate, he was trained in a rigorous academic environment, but my broader intellectual journey is fueled by an abiding interest in the human condition.

His research focuses on the oral traditions of the Kirat Limbu peoples—particularly the Tungdunge Mundhum—and their intersections with contemporary issues of the time, which include mental health, cultural identity, and social transformation. His work tries to create dialogue by bringing a more subtle and sustained observation of the world, something that has been overlooked, and by reframing it in light of modern frameworks so multiple frames for understandings of well-being and knowledge become possible.

As a writer, he is not only grappling with empirical research but also philosophical reflection, narrative, and cultural analysis. His work addresses scholarly and public audiences and aims to raise questions, prompt reflection, and contribute to conversations about justice, meaning, and human life.

A thinker is an identity that resonates with a lifelong inquiry and synthesis between disciplines of knowledge as well as rendering ideas that stir waters beyond just academic stagnation in an ever-changing global context. He appreciates the importance of critical engagement, having ethical responsibility, and integrated understanding of pluralistic worldviews to face the intricacies of our reality.

Author's works on literature, music, and social science:

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Official website: <https://www.nrsubba.com.np>

ORCID: <https://orcid.org/0000-0001-5700-2179>

Book Introduction

Anxiety is the endemic of our age that is invisible- it is not fast or easy to accept. But its effect is experienced in every level of the body, brains and society. The book is an effort at perceiving this silent crisis in a scientific, practical and human perspective.

The introductory chapter determines the anxiety and its general health consequences. The different disorders caused by anxiety and their biological and psychological context are then examined. The book examines the causes of anxiety in a many-sided approach- personally, socially, chemically and culturally.

The chapters V to VII talk more about the connection between the mind and the body. It is holistically explained how daily habits, including sleep, nutrition, and exercise, which are the pillars of managing anxiety, are. In addition to this, the role of therapy in shaping a healthy lifestyle and self-efficacy has been also well brought out.

The following section dwells on practical issues, -how to select the right therapist, how to develop a supportive relationship, and when is medication or medical intervention required. It allows the reader to self-realization and decision making.

The last section of the book is devoted to the realistic means of coping with anxiety at a workplace and it can be useful to prevent losing balance and productivity in the professional domain.

Altogether, *Anxiety: Invisible Pressures in Public Health* is not only a psychological work but the effort to establish the balance in all spheres of life. The book is an excellent guide to health care workers, researchers, students, and any other person concerned with self-development.

The reader is taught to view anxiety as a legible messenger, not an enemy, as the reader reads it, since being healthy does not mean being free of disease but having an alert mind.

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